

Skye Krebs OSGA vice presidents

Skye Krebs of Cecil was elected first vice president of the Oregon Sheep Growers Association at their joint meeting with the Washington Wool Growers Association Nov. 14 at Portland.

Charlotte Jones was elected president and Lee Babcock, treasurer. Area vice presidents are: John Guynup area two; Omar Moffit, area three; and Boyd Brown area five.

Sign language classes offered

The Umatilla County Education Service District will offer beginning sign language classes at Blue Mountain Community College in Pendleton during the winter term.

A beginning level day class will start January 6 and will be held Mondays, Tuesdays and Thursdays from 4 to 5 p.m. Students will receive three credit hours at \$25 per credit. It will be taught by Malina Lindell, ESD resource specialist for educational interpreters.

The evening beginning class will meet Monday nights from 7 to 9 beginning January 11. The evening class is non-credit, the cost is \$50 and is taught by Patti Hall, ESD specialist for the hearing impaired.

The classes are designed to help students become fluent sign language interpreters, but should be of value to anyone who comes in contact with hearing impaired children or adults, course organizers said.

BMCC and the Umatilla ESD

will offer their seventh annual "Education Paraprofessional Summer Inservice Institute" in July. The program strives to serve the needs of all school paraprofessionals in our region. Planned courses include Educational Interpreter Sign Language Training, English Skills, Topics in Special Education, Language Development, Communication Facilitation, and English-American Sign Language Comparative Linguistics, among others. Past attendees have been persons employed as teachers (both regular ed and special ed), sign language interpreters, classroom assistants, special ed assistants, parents of deaf children, siblings of deaf children, and people who are interested in the field. These courses are a natural progression from the sign language courses offered winter and spring terms, for those interested in becoming sign language interpreters.

For more information call the BMCC Continuing Education office at 276-1260.

Last stop on Advent journey

"Yet In The Dark Streets Shineth" is the overall theme of the mid-week Advent services of the Hope-Valby Lutheran Parish. This week pastor Stan Hoobing and the congregation will visit the last place on their journey to the manger, Bethlehem, a small village where a young couple are just now being directed to a nearby stable, even as we prepare to worship and rejoice.

Worship service at Valby

Lutheran church located outside of Lone on the Lone-Gooseberry road, will begin at 7:30 p.m. on Wednesday.

Thursday at Hope Lutheran Church, located near the dam in Heppner, the congregation will gather at 6:30 p.m. in the fellowship area for soup and sandwich supper with worship service at 7:30 p.m.

Cowboy museum a success

The Cowboys then and Now Museum in Portland is a big success, Wayne Evans told the Morrow County Cattlemen Friday night.

Opened in October, 1991 the cowboy museum has hosted 26 different school tours, as well as Japanese tourists, and is an excellent means to advertise the cat-

tle industry he said.

In addition Evans outlined the various advertising and publicity efforts of the Oregon Beef Council, which uses the \$1 beef check off to promote the use of beef in Oregon. He was speaking to the cattlemen at their annual dinner held at the Heppner Elks last Friday night.

Last call for beef cook-off entries

The Oregon beef industry is making a last call for entries in the 1993 Oregon Beef Cook-Off. Entries must be postmarked by Dec. 31, 1992.

According to CattleWomen Cook-Off chair Nancy Forth, Pendleton, "The 1993 Cook-Off is sporting a new look to celebrate the 20th National Beef Cook-Off event. Three new categories make the contest even more exciting to enter." Oregon cooks can cook their way to one of 15 spots at the national contest and a chance to win \$20,000 by first competing in the Oregon Beef Cook-Off. Recipes may be entered in three new categories: Beef for Entertaining; the beef recipes should be appropriate for entertaining or special occasion, either casual or fancy. The recipe must use at least one and no more than five pounds of beef, any cut, excluding organ meats. The recipe can contain no more than 12 ingredients and be prepared in three hours or less.

Fast, Flavorful Beef: the recipe should be appropriate for a week-night meal when time is short. It must use between one and five pounds of beef, utilizing any cut such as quick cooking rib, loin, sirloin, round and ground beef. Deli meats such as roast beef or pastrami are acceptable. The recipe can contain no more than eight ingredients and be prepared in one hour or less.

Budget Wise Beef Entrees: the beef recipes should be appropriate for an economy meal (less than \$2 per serving). One to five pounds of beef from the chuck, round or brisket, or ground beef must be used. No more than 12 ingredients can be used excluding salt, pepper and water.

To enter the contest, an entry blank and complete set of rules must be obtained from the Oregon Beef Council. Send a stamped, self-addressed business-size envelope to: Cook-Off Rules, c/o Oregon Beef Council, 729 NE Oregon, Suite 190, Portland, OR 97232.

Recipes will be judged by a panel of food professionals on the basis of taste, appearance, ease of preparation and over all appeal and appropriateness for the category. Five finalists will be selected to compete at the Oregon Beef Cook-Off to be held in Portland April 22 and 23. Prizes include \$1,000 for first place and \$500 for second. The other three finalists will each receive \$150.

The Oregon Beef Cook-Off is sponsored by the Oregon CattleWomen and Oregon Beef Council. The National Beef Cook-Off is sponsored by the American National CattleWomen, Inc. in cooperation with the Beef Industry Council and the Cattlemen's Beef Board.

Lexington News

--Linda Ripple is recuperating from a trip to the Oregon Science Medical Center;

--Barbara Gilbert is recuperating from eye surgery.

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Oregon health care career guides available

The first comprehensive guide to health career education and employment opportunities in northeast Oregon has been published by the Northeast Oregon Area Health Education Center.

The 134-page booklet, "Field Guide to Health Careers," provides information on schools, career counselors and professionals in learning about the options for work, education or training in medicine and health services.

The booklet grew out of NEOAHEC's board of directors being very committed to "growing our own" health care people in the region," said Sandy Ryman, NEOAHEC executive director.

"Basically, what we've learned is that people who practice health care in rural areas are from rural areas," said Ryman. "The ones who will most likely be satisfied working in this environment are the ones who come from rural areas."

NEOAHEC, a private, non-profit organization, was formed in 1991 to attract and retain health professionals in northeast Oregon. NEOAHEC works in partnership with Oregon Health Sciences University to develop education and training opportunities for students in medicine and other health professions through residencies and continuing education programs in Morrow, Baker, Gilliam, Grant, Malheur, Umatilla, Union,

Wallowa and Wheeler counties.

The AHEC program, which will eventually cover each region of the state, has been a university priority since Dr. Peter Kohler became OHSU's president in 1988.

The booklet combines information that was previously available only from several different sources. It was prepared by Oregon Career Information System at the University of Oregon.

Sponsors of the project include Blue Mountain Community College, Eastern Oregon State College, Treasure Valley Community College and Oregon Health Sciences University.

Copies of the booklet are available from NEOAHEC at \$3 apiece, plus \$1.50 per copy for postage and handling. Reference copies will also be available at local libraries. For information, call 962-3801, or write NEOAHEC, Eastern Oregon State College, 1410 L. Ave., La Grande OR 97850-2899.



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Seminar Leaders:
Kevin Erich, Hospital Administrator
Russ Demianew, Business Manager

ALL ARE WELCOME!